



**SEATTLE PARKS  
AND RECREATION**

# SOUTHWEST COMMUNITY CENTER

2801 SW Thistle Street • Seattle, WA 98126 • 206-684-7438 • Fax: 206-233-7295

**Program dates**

September 4 to  
December 31, 2006

**Program registration**

Registration begins  
August 14, 2006

**Classes begin**

Week of September 18  
(unless otherwise noted)

**Holiday Closures**

Friday, November 10  
Thursday, November 23  
Friday, November 24  
Monday, December 25  
Monday, January 1



**REGISTER ONLINE · it's easy!**  
[www.seattle.gov/parks](http://www.seattle.gov/parks)



**SPARC**

**Southwest Community Center**  
2801 SW Thistle Street  
Seattle, WA 98126  
Phone: 206-684-7438 Fax 206-233-7295  
Visit us online at [www.seattle.gov/parks!](http://www.seattle.gov/parks!)

### Hours of operation

Monday and Wednesday	10 a.m. to 9 p.m.
Tuesday, Thursday, and Friday	1 to 9 p.m.
Saturday	10 a.m. to 5 p.m.
Sunday	Closed

### Late Night Hours of operation

Fridays and Saturdays 7 p.m. to Midnight

### Program dates

September 4 to December 31, 2006

### Holiday closures

Monday, September 4, Labor Day  
Friday, November 10, Veterans' Day observed  
Thursday, November 23 & Friday, November 24  
Thanksgiving Holiday  
Monday, December 25, Christmas Day  
Monday, January 1, New Year's Day

### Program registration

Registration begins August 14, 2006.  
Some classes are on-going and have different registration dates.

### Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

### Register Online!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks), where you can find our seasonal brochures and register for many of our courses online.

### Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

### Professional staff

Ken Bounds, *Superintendent*  
B. J. Brooks, *Deputy Superintendent*  
Christopher Williams, *Operations Director*  
Katie Gray, *South Recreation Manager*  
Naseri Kitiona, Jr., *Center Coordinator*  
Rebecca J. Hall, *Assistant Center Coordinator*  
Dorothy Talamaivao, *Teen Development Leader*  
Amanda Mason, *School-Age Child Care Director*  
Semere Melake, *Recreation Leader*  
Bryan Hayes, *Recreation Program Specialist*  
Rosalia Martinez, *Recreation Attendant*  
Richard Lemier, *Building Maintenance*  
Mary Dalzell, *Senior Adult Specialist*  
And a variety of other wonderful staff and volunteers!

### Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to Southwest Advisory Council. **Please note:** Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

### Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

## Special Events



### Fall Festival

**Free**

Fun for the whole family! Join us for a night of carnival games, arts & crafts, costume contests, face painting, prizes and much, much more!

Adult & Teen volunteers needed for this event. To volunteer, or for more information, call #684-7438

Mon, Oct 30 6 – 8:30 p.m.

### Holiday Craft & Plant Fair

**Free**

Join your neighbors at Southwest Community Center's yearly craft and plant fair! Get a jump start on your holiday shopping while at the same time, supporting local artists and craft vendors. Feeling lucky? You may be a winner of one of our many door prizes throughout the day.

Sat, Nov 18 10 a.m. – 4 p.m.



### Christmas Ship

Be a part of one of Seattle's great traditions and join us at Lowman Beach to enjoy the sights and sounds of the Argosy Christmas Ship. Participate in songs and a bon fire (weather permitting) and munch on cookies while sipping hot chocolate and apple cider. Please bring a flashlight and dress for the weather.

The Argosy Christmas Ship will arrive at Lowman Beach at 8:40pm and depart at 9:10pm. For more information, visit [argosycruises.com](http://argosycruises.com)

Adult and teen volunteers needed for this event. To volunteer, please call (206) 684-7438

Sat, Dec 9

(Christmas ship arrival 8:40 – 9:10 p.m.)



### Vendors Needed for Holiday Craft & Plant Fair

Vendors are currently being selected to sell crafts and plants. For just \$15 you too can join the fun, table and chairs included. Please call 206-684-7438 for more information.

# Youth Programs

## Before and After School Program

The Southwest Community Center's Before & After School program offers child-friendly care that is easy for working parents of kindergarten-5th graders. There's so much to do and so little time — games, cooking, playing, reading, art, crafts, sports, music, dance, computers, ball fields, playgrounds, special visitors, special interest groups, and field trips — WOW! This Southwest CC program is a fully-licensed DSHS site which provides for the highest quality time away from school or home. The staff members at Southwest CC strive to provide your children with opportunities for choice and self-direction while encouraging each child's creativity and uniqueness.

Come join the Southwest staff, led by director Amanda Mason, for an exciting school year.

We follow the Seattle Public School District schedule: Wed, September 6 – June 20. Program fees are spread evenly through the entire 10 months (178 days) of school. Half-days are included in program cost as well as non-school days for children enrolled full-time. There are additional fees for non-school days when children are enrolled part-time. Week-long breaks are an additional cost for all children. Southwest CC is closed on all national holidays. Breakfast and Snack is included.

Advance registration & payment required. Registration Begins August 15. At this time, please indicate if you will be registering for Before Care, After Care or both. Payment is based on 5 days per week and there are no part-time or partial day options.

\$10 discount per program/per month for second and third child.

Scholarships are available for qualifying families. Please request information from Southwest CC at 206-684-7438 or contact the Scholarship Office at 206-684-7481.

**Early Dismissal Days:** Sept. 27, Oct. 25, Nov. 13 – 22 and Dec. 15

**One-Day Camp/In-Service Days:** October 13

**No Child Care:** Veterans' Day, Friday, November 10 and Thanksgiving, Thursday, November 23 & Friday, November 24.

**Director:** Amanda Mason

**Age:** K to 5 Grade

**Before School Care** **\$160/month**  
Mon – Fri 7 – 9 a.m.

**Second child discount: \$150 per month**

**After School Care** **\$245/month**  
Mon – Fri 3 – 6 p.m.

**Second child discount: \$235 per month**

## Registration Information

Dates	Barcode	
	Before School	After School
9/6 – 9/29	#8900	#8899
10/2 – 10/31	#10966	#10963
11/1 – 11/28	#10967	#10964
12/1 – 12/15	#10968	#10965



## Winter Break Camp

**Ages 5 – 12**

School-agers all over West Seattle are singing the praises of Southwest Community Center's Winter Break Camp! Join our multi-talented and enthusiastic staff for tons of hands-on fun and exciting field trips. Some past activities include group games such as Soak 'em and Danish Rounders; making homemade tortillas with salsa and sushi; as well as creating your own candles and garden stepping stones.

Space is limited and is on a first-come, first serve basis, so register early! Scholarships are available for eligible families. For more information, please call #684-7438 or contact the Scholarship Office #684-7481

**Week #1** **\$145**  
#10978 Mon – Fri 7 a.m. – 6 p.m. 12/18 – 12/22

**Week #2** **\$116**  
#10980 Tue – Fri 7 a.m. – 6 p.m. 12/26 – 12/29



## Youth Programs

### Children's Creative Dance \$30/session

**Ages 3 – 5**

Hopping! Leaping! Twirling! Swaying! Self expression, imagination and creativity are encouraged via music, movement, rhyming, fantasy and games.

**Location: Meeting Room**

**Tuesdays 11:30 a.m. – 12:30 p.m.**

**#10969 Session 1 10/10 – 11/7**

**#10970 Session 2 11/14 – 12/12**

### Thumbelina: Mommy & Me Dance and Movement \$30/session

**Ages 1 – 3**

This is a "Mommy and Me" (or "Daddy and Me") class where you and your little one can explore movement through play, music and tumbling. Your child will increase in strength, flexibility and confidence via the mind and body connection.

For more information, contact Southwest Community Center, #684-7438 or instructor, Miss Ellie, #938-6708

**Location: Meeting Room**

**Tuesdays 10:30 – 11:15 a.m.**

**#10979 Session 1 10/10 – 11/7**

**#10977 Session 2 11/14 – 12/12**

### Citywide Basketball League \$45

**Ages 10 – 17**

Join the fun and excitement of this popular team sport. Teams are formed for boys and girls ages 8-17. Please make sure you register early, as age groups fill up quickly. Practices will begin in November. Games begin in January and end in March. **Note: you must register at the community center for this program.**

**Location: Gym**

### Registration Information

Age Group	Barcode	
	Boys	Girls
10	#10986	#10981
11	#10987	#10982
12	#10988	#10983
13	#10989	#10984
14 - 15	#10990	
16 - 17	#10991	
14 - 17		#10985

## Adult Programs

### Latin Dance \$70

**Ages 16 and older**

Passionate, energetic and delightfully flirtatious, Latin dancing is one of the most popular forms of dance in the world. We'll learn basic Merengue, Cumbia & Salsa moves and styling as we dance to a variety of spicy Latin music. No-pre-requisite. No partner necessary. Singles and couples welcome.

**Location: Meeting Room**

**#10975 Wed, 7:45 – 8:45 p.m. 10/11 – 12/13**

### Jazz 'N Fitness (Ages 16+) \$70

Get your body jumpin' and your blood pumpin' !! Come and experience the joy of exercise and movement and leave energized. Join this dynamic class and jazz yourself right into excellent health and see your body transform as you tone up through a well-rounded, and fun, work-out.

**#10972 Wed, 6:30 – 7:30 p.m. 10/11 – 12/13**



## First Aid, Health, & Safety

### American Red Cross

#### Adult First Aid & CPR

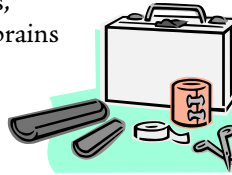
\$54/class

This two-day course is a dynamic, efficient, and effective training for those who want to learn the basics of adult First Aid & CPR. This course meets OSHA and WISHA requirements.

Students must pre-register to attend. To register: Call the American Red Cross Health and Safety Department during normal business hours at 206-726-3534 or register on-line at [www.seattleredcross.org](http://www.seattleredcross.org)

#### In the First Aid component, participants will learn to:

- ☛ Check an unconscious victim
- ☛ Use proper techniques to control bleeding
- ☛ Minimize the effect of shock
- ☛ Treat sudden illnesses, including poisonings and heat and cold emergencies
- ☛ Perform first aid for cuts, scrapes, bruises, burns, bleeding and injuries to bones, joints, and muscles, such as sprains and strains
- ☛ Use the EMS system/9-1-1



#### In the CPR component, participants will learn to:

- ☛ Check an unconscious victim
- ☛ Recognize and emergency and overcome the reluctance to act
- ☛ Recognize and care for choking, breathing, and cardiac emergencies in victims who are 8 years old and older
- ☛ Prevent heart disease
- ☛ Use the EMS system/9-1-1

Mon, Oct 30/Wed, Nov 1

4:30 – 8:30 p.m.

Mon, Nov 27/Wed, Nov 29

4:30 – 8:30 p.m.

## All Ages

### Karate

Ages 8 and older

Build self-esteem, self-control, and self-defense techniques while you make new friends. Learn basic concepts and forms of Japanese Butokukan Karate. You will also be introduced to concepts from Kenpo, Kung-Fu, and Aikido.

Instructor: Tyron Asphy

Tue/Thu 6:30 – 8:30 p.m.

#10973 Session 1 10/10 – 11/16 \$80

#10974 Session 2 11/14 – 12/28 \$66



### Computer Lab Time

Free

Work on projects, school work, explore and investigate. Take advantage of our new state-of-the art computers during structured and supervised lab time.

### Teen Open Lab

Mon – Thu

2:30 – 6 p.m.

Fri

2:30 – 11:30 p.m.

### Adult Open Lab

Mon, Wed

10 a.m. – 1 p.m.

The community center will be closed on:

Sep 4, Sep 25 – Oct 7, Nov 10, Nov 23 – 24, Dec 25

# Southwest Teen Life Center

## Teen Life Center

**Free!**

Want something to do when school gets out? Be a part of our Teen Life Center. Play pool, ping-pong, watch TV, and play video games in our Game Room. Hang-out, relax, eat and read in the Teen Lounge. Work on the computer, study, and do homework in our beautiful Computer Lab.

**Mon – Fri**

**2:30 – 9 p.m.**

## Southwest Teen Council

Interested in helping plan the teen programs and contributing to the community. Join now by picking up an application from TLC. For more information call (206) 684-4115.

## Volunteers & Service Learning Hours

The teen program provides opportunities for older youth and adults to provide volunteer service to the community.

## Computer Lab Time

Work on projects, school work, explore and investigate. Take advantage of our new state-of-the art computers during structured and supervised lab time.

**Mon – Thu**

**2:30 – 6 p.m.**

**Fri**

**2:30 – 11:30 p.m.**

## Study and Activity Club

This club will focus on homework, reading and once-a-week educational field trip. Sign up now!

**Tuesday & Thursday**

**3 – 6 pm.**

## Teen Life Center Café

Please support the Teen Life Center Café. We have all the goodies — candy, hot dogs, pop, chips, juice, coffee, hot cocoa, hot apple cider — and lots more!

**Mon – Fri**

**2:30 – 8:30 p.m.**

## Fall Volleyball Ages 10-13

**Fees TBD**

Participate in this increasingly popular sport. Teams will be formed for 10/11 yr olds (5<sup>th</sup> & 6<sup>th</sup> grade), and 12/13 yr olds (7<sup>th</sup> & 8<sup>th</sup> grade). Registration begins now! Practice begin September.

### Need More Info About Teen Programs or Special Events?

Stop by the Southwest Teen Life Center or give us a call at 206-684-4115!

## Late Night

**Free**

Providing our teens with positive alternatives to alcohol, drugs, gangs, and other unsuitable activities are the goals of Late Night. These goals are accomplished through intercultural activities, sports, arts & culture, educational workshops, special events, and mentoring. The Late Night Program is open to youth ages 13 to 19 who are interested in making positive changes in themselves and their community. Free activities include arts & crafts, basketball, volleyball, dances, cooking, video games, food, and the computer lab!

**Fridays & Saturdays**

**7 p.m. – Midnight**



## Teen Special Events

The Southwest Teen Life Center hosts a variety of special events throughout the year such as dances, field trips, bowling, and more.

### Welcome Back School Dance

**\$3**

**Friday, September 15**

**8 p.m. – Midnight**

### Teen Life Center Open House for Teens

Free food, music, movie, and sports tournaments (table tennis, basketball and pool).

**Friday, September 27**

**3:30 – 6:30 p.m.**

### Week Without Violence Basketball Tournament

**Free**

Sign up for the Week Without Violence Basketball Tournament, and get free food and a t-shirt, too! **Registration begins October 2, 2006.**

**October 21, 2006**

**7:30 – 10:30 p.m.**

**Location: Southwest Gym**



## Adult Programs

### Adult Basketball Drop-In

\$2 drop-in

Need a Break? Want to get a little exercise? Join us for a dose of basketball fun on Monday & Thursday evenings or Wednesday afternoons.

Age: 18 and over

Mondays

6:30 – 9 p.m.



### Adult Volleyball Drop-In

Thursdays

6:30 – 8:30 p.m.

Saturdays

2 – 4:30 p.m.

Fees: \$2 drop-in

### Weekend Gym Rentals

Southwest Community Center's new state of the art gym is available for you to rent every Saturday and Sunday. Have a group of volleyball players? Is it too cold for you and your crew to play basketball outside? Is Pickleball your passion? Or Badminton? Then rent our gym for your private use. It's easy and affordable. Check out the back page of this brochure for more details.

### Volunteers Needed!

Your friendly neighborhood community center, Southwest, needs your help if we want to have some great and exciting events this Spring. If you are interested, please contact us at #684-7438. This is a great opportunity for High School students as well, to get their required community service hours.

## Special Populations



### Southend Social

Free

Seattle Parks and Recreation's Specialized Programs is hosting a weekly social with an exciting calendar of activities. Please call 206-684-4950 to register.

Age: 18 or older

Thursdays 6:30 – 8 p.m. Oct 12 – Dec 7

### More Information

For more information about programs for youth and adults with special needs, please call the Special Populations Office at 206-684-4950 or visit our web site:

[www.seattle.gov/parks/SpecialPops/index.htm](http://www.seattle.gov/parks/SpecialPops/index.htm)



## Alki Bathhouse Art Program — Fall 2006

This is a partial list of summer art classes being held at Alki Bathhouse.  
Call Alki Community Center at (206) 684-7430 for information on other classes.

### Painting for Adults

<b>Paint Your Heart Out</b>	<b>\$85</b>
Age: Adult	#10315
Thursdays 6:30 – 9 p.m.	10/5 – 11/2
<b>Encaustic Painting</b>	<b>\$80</b>
Age: Adult	#10282
Mondays 6:30 – 8:30 p.m.	10/2 – 11/6
<b>Dancing with Color</b>	<b>\$75</b>
Age: Adult	#10278
Saturdays 10 a.m. – Noon	9/23 – 11/11

### Drawing

<b>Cartooning for Youth</b>	<b>\$60</b>
Age: 8 to 12	#9707
Tuesdays 5 – 6 p.m.	9/26 – 11/28
<b>Beginning Drawing for Youth</b>	<b>\$60</b>
Age: 10 to 14	#9695
Tuesdays 6 – 7 p.m.	9/26 – 11/28
<b>Aquarelle Pencil Drawing</b>	<b>\$100</b>
Age: Adult	#9495
Tuesdays 10 a.m. – 1 p.m.	10/3 – 10/24
<b>Beginning Portrait Drawing</b>	<b>\$100</b>
Age: Adult	#9697
Wednesdays 1 – 4 p.m.	10/4 – 10/25
<b>Basic Beginning Drawing</b>	<b>\$100</b>
Age: Adult	#9498
Tuesdays 1 – 4 p.m.	10/3 – 10/24

### Kids' Art

<b>Bright Art Start Mixed Media</b>	<b>\$70</b>
Age: 4 to 6	S1 #9700; S2 #9701
Fridays 1:30 – 2:30 p.m.	
Session 1: 10/6 – 11/3; Session 2: 11/17 – 12/15	
<b>Bright Art Start Fashion for Youth</b>	<b>\$80</b>
Age: 9 to 12	#9701
Thursdays 4:30 – 5:30 p.m.	9/28 – 11/16

<b>Urban Art for Youth Workshop</b>	<b>\$15</b>
Age: 9 to 12	#10374
Saturday, September 30 10 a.m. – 12:30 p.m.	

<b>Fashion for Youth Workshop</b>	<b>\$20</b>
Age: 10 to 14	#10283
Saturday, November 4 10 a.m. – 1 p.m.	

<b>Art History</b>	<b>\$80</b>
Age: 7 to 11	#9496
Mon – Fri 3:45 – 5:45 p.m.	9/18 – 9/22

<b>Introduction to Art &amp; Drawing</b>	<b>\$30</b>
Age: 10 to 12	#10288
Friday, October 20 4:15 – 7:15 p.m.	

### Pottery

<b>Kids Pottery Beginning</b>	<b>\$70</b>
Age: 5 to 10	S1 #10290; S2 #10291
Mondays 4 – 5 p.m.	
Session 1: 10/2 – 10/30; Session 2: 11/6 – 12/4	

<b>Kids Pottery Continuing</b>	<b>\$70</b>
Age: 7 to 11	S1 #10292; S2 #10294
Tuesdays 4 – 5 p.m.	
Session 1: 10/3 – 10/31; Session 2: 11/7 – 12/5	

<b>Beginning Hand Building</b>	<b>\$165</b>
Age: Adult	
Mondays 6 – 9 p.m.	10/2 – 12/4

<b>Beginning Wheel Throwing</b>	<b>\$130</b>
Age: Adult	S1 #9698; S2 #9699
Wednesdays 6:30 – 8:30 p.m.	
Session 1: 10/4 – 11/1; Session 2: 11/8 – 12/6	

<b>Intermediate Wheel Throwing</b>	<b>\$130</b>
Age: Adult	S1 #10286; S2 #10287
Thursdays 6:30 – 8:30 p.m.	
Session 1: 10/5 – 11/2; Session 2: 11/9 – 12/2	

<b>Advanced Wheel Throwing</b>	<b>\$130</b>
Age: Adult	S1 #9407; S2 #9408
Thursdays 4 – 6 p.m.	
Session 1: 10/5 – 11/2; Session 2: 11/9 – 12/2	

<b>Independent Clay Projects</b>	<b>\$165</b>
Age: Adult	#10285
Tuesdays 6 – 9 p.m.	10/3 – 12/5

# Senior Adult Programs

## Registration Information Classes/Special Events

Mary Dalzell, Recreation Specialist  
935-2162

e-mail: [mary.dalzell@seattle.gov](mailto:mary.dalzell@seattle.gov)

Program Dates: Oct 12 - Dec 15

No classes: Nov 10, 23, & 24

Class Registration begins Aug 14 by calling 206-935-2162.

Please make checks payable to  
*Senior Adult Advisory Council* and mail to:  
Senior Programs, Attn: Mary - SW, 8061  
Densmore Ave N, Seattle, WA 98103-4436

For more information, including citywide events, please visit our web site at  
[www.seattle.gov/parks/Seniors/index.htm](http://www.seattle.gov/parks/Seniors/index.htm) or call the Senior Adult Programming Office at 206-684-4951 and request a copy of our latest brochure.

## Southwest Book Club Free

The Seattle Public Library provides books free of charge to our group. We all read the same book and then discuss. Group meets 1 p.m. the third Thursday of each month at Southwest CC.

Thu: Oct 19, Nov 16, Dec 21 1 - 2 p.m.

## Fitness \$20 - 1 day/wk

An entire body work out. Use of dyna bands, weights, floor work. Improve balance, flexibility, and agility. Bring weights to class.

#10952 Tuesdays 10 - 11 a.m.

#10954 Thursdays 10 - 11 a.m.

## Enhance Fitness \$20 - 1 day/wk

Focus on enhancing your endurance, strength, balance, posture, and flexibility through exercise. Standards for measurement will document your progress. Class is highly adaptable, great for those of all fitness levels. Weights will be provided.

#10948 Mondays 8:30 - 9:30 a.m.

#10949 Tuesdays 8:30 - 9:30 a.m.

#10950 Thursdays 8:30 - 9:30 a.m.

## Pickleball \$2 drop-in (Age 65+ \$1)

Tue/Thu Noon - 2 p.m. Southwest CC

## Volleyball \$2 drop-in (Age 65+ \$1)

Tue/Thu 10 a.m. - Noon Southwest CC

## Bridge Free

A drop-in program for this popular card game for experienced players.

Mon/Wed 10:30 a.m. - 2 p.m. Southwest CC

## Basic Computers \$15/session

This is a beginners class in which you will learn mouse techniques, explore sites with multiple pages, search engine techniques, setting up free e-mail account, working with sites for travel arrangements including MapQuest. Three students per instructor. Please have basic typing skills.

Location: Southwest Pool & Community Center  
Computer Lab

Tue/Thu 10 a.m. - Noon Southwest CC

#10945 Session I 10/3 - 10/12

#10946 Session II 11/2 - 11/14

#10947 Session III 12/5 - 12/14



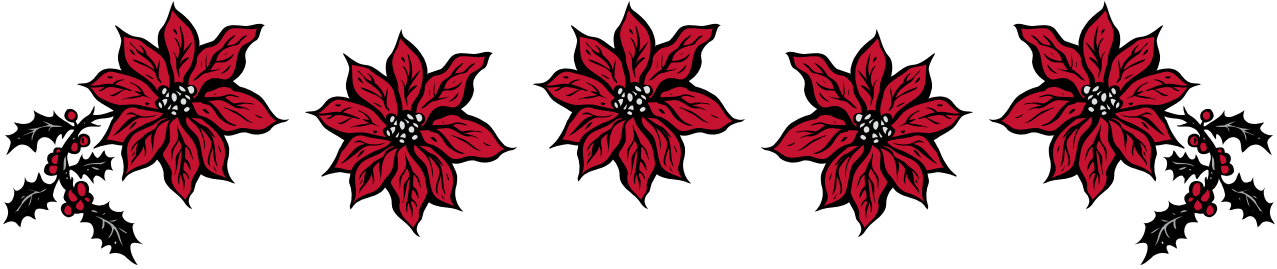
## Garden Chat Free

A once-a-month gathering for those who enjoy their yards, gardens, yard art, or you just admire the beauty of what others have done with their yards. This is not a club so come on down and share your passion and enjoy the company of others who get satisfaction from a day's work in the yard. Meets 10/10, 11/7, and 12/5.

Instructor: Mary Dalzell

Tue (10/10 - 12/5) 11:15 a.m. - Noon

## Senior Adult Field Trips



### Japanese Garden \$5

First lunch and then to the beautiful Japanese Garden and a walk through the Arboretum. Free Admission.

Mon, Oct 2 Noon – 4 p.m. Reg. 9/15

### Hunter's Breakfast \$10

Our 4th annual visit to the Swauk-Teaway Grange fund raiser. Stops at CleElum Railroad project and Roslyn.

Sat, Oct 14 9 a.m. – 5 p.m. Reg. 10/4

### Europe \$7

No, we are not going to Europe, just Everett for Rick Steve's *Europe through the Back Door* travel information. Beautiful photography and a knowledgeable lecturer. Free admission.

Sat, Oct 21 8:45 a.m. – 2:30 p.m. Reg. 10/6

### Holiday Food & Gift Show \$7

The Big Big pre holiday gift show at the Tacoma Dome. Gifts, music, food samples, and more. Admission on your own.

Thu, Oct 26 9:30 a.m. – 3:30 p.m. Reg. 10/11

### LaConner Arts Alive \$10

Downtown LaConner festival and invitational art show with more than 75 musicians, artists, and performers. Time to look around town.

Sat, Nov 4 9 a.m. – 4:30 p.m. Reg. 10/13

### Redmond British Pantry \$7

Tea time at this British style bakery, grocery, gift shop, and full service restaurant. Later time in Redmond.

Thu, Nov 9 10:30 a.m. – 4 p.m. Reg. 10/25

### KIXI Radio & Factory Mall \$7

"Great songs, Great memories". Morning tour at KIXI radio station for a behind scenes look. Then to mall for after Thanksgiving shopping.

Thu, Nov 30 10 a.m. – 3 p.m. Reg. 11/15

### Governor's Mansion Holiday Style \$9

Tour the Gregoires' house decorated for the holidays. Take in the classic beauty and learn about the history and architecture. *Photo ID required.*

Wed, Dec 6 9:30 a.m. – 3:30 p.m. Reg. 11/17

### Holiday Home Tour \$9

Sedro-Wolley Museum will host this annual evening event of elegant homes along with beautiful antiques. \$5 admission fee on your own.

Sat, Dec 9 3 – 9 p.m. Reg. 11/22

### Trip Registration Information

- Payment must be received 5 working days *prior* to departure.
- Make checks payable to: Senior Adult Advisory Council ("SAAC")
- Mail checks to: Senior Programs, Attn: Mary, 8061 Densmore Ave. N, Seattle, WA 98103-4436

**Note:** Trip times/costs/destinations are subject to change. **All trips — lunch on your own.**

**Trip Registration:** Register by calling 206-935-2162 on or after the date and time listed for each trip. Van pickup from Southwest CC.

# Southwest Pool Daily Schedule Fall 2006: 9/5 – 12/31

## Mondays & Wednesdays

6:00 – 7:30* a.m.	Early Morning Lap Swim
Noon – 1:30 p.m.	Adult & Senior Swim
2:00 – 2:30 p.m.	Homschool Lessons (Monday only)
3:00 – 4:00***	Lap Swim
4:00 – 5:30	Swim Lessons
5:30 – 6:30	Lap Swim
5:30 – 6:30	Masters Workout
6:30 – 7:15	Diving Lessons
6:30 – 7:00	Swim Lessons
7:00 – 7:30	Adult & 3 Yr Old Lessons
7:30 – 8:15	Hydro-Fit
7:30 – 8:30	Shallow-end Public Swim

## Tuesdays & Thursdays

Noon – 1:30 PM	Adult & Senior Swim
1:30 – 2:15	Sr. Adult Water Exercise
4:15 – 5:00	Competitive Stroke
4:30 – 5:00	3 Years Old Lessons
5:00 – 6:00**	Lap Swim
6:00 – 6:30	Swim Lessons
6:30 – 7:00	Swim Lessons
7:00 – 7:30	Swim Lessons
7:30 – 8:30	Public Swim
8:30 – 9:15	Hydro-Fit
8:30 – 9:15	Adult Water Aerobics

## Fridays

6:00 – 7:30* AM	Early Morning Lap Swim
Noon – 1:30 PM	Adult & Senior Swim
1:30 – 2:30	Family/Lap Swim
3:00 – 4:00***	Lap Swim
4:30 – 5:30**	Public Swim
5:30 – 7:00	Lap Swim
6:00 – 7:00	Masters Workout
7:00 – 8:00	Family Swim
8:00 – 10:00	Rentals (Call to Schedule)

## Saturdays

9:30 – 10:30 AM	Lap Swim
9:30 – 10:30	Youth Fitness Workout
10:30 – Noon	Swim Lessons
Noon – 1:00 PM	Lap Swim
Noon – 1:00	Triathlete Training
1:00 – 2:00	Public Swim
2:00 – 10:00	Rentals (Call to Schedule)

## Sundays

11:00 – 12:30 PM	Adult & Senior Swim
12:30 – 2:00	Swim Lessons
2:00 – 3:00	Family Swim
3:00 – 4:00	Special Pops Lessons
4:00 – 5:00	Public Swim
5:00 – 6:00	Lap Swim
6:00 – 10:00	Rentals (Call to Schedule)

\* Admission to EMLS by swim ticket only.

\*\* Programs cancelled due to swim meet: 9/12, 10/10, 12/1, 12/5, & 12/15

\*\*\* Lap Swim cancelled starting Nov 13 through mid-February for high school swim team practice.

## Pool Closed

Sep 4	Labor Day
Sep 25 – Oct 8	Maintenance Closure
Nov 10	Veterans' Day
Nov 23 & Nov 24	Thanksgiving
Dec 25	Christmas Day
Jan 1	New Year's Day

## Facility Fees & Charges

Youth (1 – 17)	\$2.75
Adult (18 – 64)	\$3.75
Senior Adult (65+)	\$2.75
Special Populations	\$2.75
Masters Workout	\$4.75
Water Aerobics	\$4.75
Hydro-Fit/Aqua Jog	\$4.75
Sr. Adult Water Aerobics	\$3.00
Non-Recreation Spa, Weights, Sauna Use	\$3.75
Spa (in addition to swim)	50¢
Recreation Pass (Save \$2)	\$20.00
Fitness Pass (Save \$3)	\$30.00
F.A.S.T. Pass Adult (Unlimited 1 month)	\$45.00
F.A.S.T. Pass Youth/Senior	\$35.00
Water Equipment Rental	\$1.50
Showers	\$3.75

## Fall swim lesson registration starts August 14.

For more Info, visit our website at  
[www.seattle.gov/parks/aquatics/swpool.htm](http://www.seattle.gov/parks/aquatics/swpool.htm)

Register online at  
<http://egov1.seattle.gov/parks>



# Southwest Pool Recreational & Fitness Programs



## Adult/Senior Adult Swim

A recreational swim period for adults 18 years and over. Fast, medium, and easy lanes available for fitness swimming.

**Monday – Friday** Noon – 1:30 p.m.  
**Sunday** 11 a.m. – 12:30 p.m.

## Lap Swim

This program is designed for the serious swimmer as well as those who want to work on conditioning. We have lanes set aside that designate different swimming ability levels.

**M/W/F\*** 6:00 – 7:30 a.m.  
**M/W/F\*\*** 3:00 – 4:00 p.m.  
**M/W** 5:30 – 6:30 p.m.  
**T/TH** 5:00 – 6:00 p.m.  
**Friday** 1:30 – 2:30 p.m.  
**Friday** 5:30 – 7:00 p.m.  
**Saturday** 9:30 – 10:30 a.m.  
**Saturday** Noon – 1:00 p.m.  
**Sunday** 5:00 – 6:00 p.m.

\*Admission to EMLS by swim ticket only.

\*\*Program ends 11/13 due to high school swim team practice. Resumes mid-February 2007.

## Public Swim

This is a recreational time for all ages. You may bring your clean masks, fins, snorkels, and life preservers to use.

**Monday – Thursday** 7:30 – 8:30 p.m.  
*(Mon. & Wed. eves are shallow end only.)*  
**Friday** 4:30 – 5:30 p.m.  
**Saturday** 1:00 – 2:00 p.m.  
**Sunday** 4:00 – 5:00 p.m.

## Family Float Swim

The family float swim is a recreational time for the family. A parent/guardian must accompany youth under 18 yrs. in the water.

**Friday** 1:30 – 2:30 p.m.  
**Friday** 7:00 – 8:00 p.m.  
**Sunday** 2:00 – 3:00 p.m.

## Adult Water Aerobics

This 45-minute program is designed to tone up muscles and stay fit. Emphasis on flexibility and range of motion. This class is taught in the shallow end. No swimming ability required.

**Tuesday & Thursday** 8:30 – 9:15 p.m.  
**Class Fee:** \$4.75 Adults/\$3.00 Seniors

## Adult Hydro-Fit

Hydro-Fit is a 45-minute, deep-water, non-impact, adult exercise program. The use of specially-designed buoyancy and resistance apparatus provide a demanding workout for the whole body. Some deep water swimming ability required.

**Monday & Wednesday** 7:30 – 8:15 p.m.  
**Tuesday & Thursday** 8:30 – 9:15 p.m.  
**Class Fee:** \$4.75 Adults/\$3.00 Seniors

## Senior Adult Water Exercise

This shallow-end program provides a therapeutic exercise time for senior adults. Participants can expect increased strength and flexibility while improving their cardiovascular systems. No swimming ability required.

**Tuesday & Thursday** 1:30 – 2:15 p.m.  
**Class Fee:** \$4.75 Adults/\$3.00 Seniors

## Masters Workout

An experienced coach supervises an interval workout of 2500 yards or more. Different lanes for different abilities. Stroke work and helpful tips will be offered during this time.

**Monday & Wednesday** 5:30 – 6:30 p.m.  
**Friday** 6:00 – 7:00 p.m.  
**Class Fee:** \$4.75 Adults

For information on  
 Southwest Pool programs or  
 swimming lessons, please call  
 (206) 684-7440. Southwest  
 Pool is located at  
 2801 SW Thistle Street.



**Suggestions**

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

**Southwest Facility Rentals**

For more information about rentals, please view our facility rental brochure at [www.seattle.gov/parks/reservations/Facrentalguide.htm](http://www.seattle.gov/parks/reservations/Facrentalguide.htm).

**Interested in teaching?**

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

**You can make a difference!**

The Southwest Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Southwest Advisory Council is always looking for new members. Meetings are held from 7 to 8:30 p.m. on the second Thursday of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff at 206-684-7438.

Most classes, workshops, sports, special events, and facility rentals are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

**Anti-discrimination**

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

**Accommodation for people with disabilities.**

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206- 615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

**More information**

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks), or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for more information about programs for special populations, please call 206-684-4950.

**Fees and charges**

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of 3.25% paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

**Waiting lists**

We will create waiting lists for all full classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

**Class cancellations**

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

**Confirmations**

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

# Seattle Parks And Recreation Program Registration Form

## in partnership with the Associated Recreation Council

This form is for NON-Childcare and non-athletic programs only. Ask recreation staff for those forms as needed.



**SEATTLE PARKS  
AND RECREATION**

### Registration Procedures:

1. Please complete registration form entirely.
2. Payment MUST accompany registration.

### Family Information: (Please complete for the adult who is financially responsible for the family account.)

(ADULT) Name: \_\_\_\_\_  
Last First MI

Sex: Male Female  
(Circle One)

(ADULT) Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Email Address: \_\_\_\_\_  
mm/dd/yyyy

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone - eve: (\_\_\_\_) \_\_\_\_\_ day: (\_\_\_\_) \_\_\_\_\_ other: (\_\_\_\_) \_\_\_\_\_

Family Emergency Contact: \_\_\_\_\_ (\_\_\_\_)  
Name Phone Relation

☐ **PARTICIPANT info differs from above. How does it differ?** \_\_\_\_\_

PARTICIPANT <small>(please print full name)</small>	M/F	BIRTHDATE <small>(mm/dd/yyyy)</small>	COURSE TITLE <small>(Non-Day Camp/Non-Athletic Activities ONLY)</small>	1 <sup>ST</sup> CHOICE		ALTERNATE		AMOUNT	Staff Use Only
				DATE(S)	START TIME	DATE(S)	START TIME		
								\$	
								\$	
								\$	
								\$	
*Acceptance of this request does not guarantee enrollment into a class (see back for more information).								\$	
<b>TOTAL</b>									

### How would you like to pay?

Person making payment \_\_\_\_\_  
(required for proper refunding)

**PLEASE INCLUDE  
PAYMENT**

☐ Cash (Please do not send cash through the mail.)

☐ Check or Money Order # \_\_\_\_\_

Staff Use Only

Authorization (Ref#) \_\_\_\_\_

☐ Visa ☐ Mastercard ☐ American Express

Card #: \_\_\_\_\_ Expires: \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_

Signature: \_\_\_\_\_

**ASSUMPTION OF RISK AND RELEASE:** I hereby give my consent as a participant or for the above-named participant(s) to participate in the program(s) listed above being conducted or co-sponsored by Seattle Parks and Recreation and declare that I will not hold the City of Seattle, Seattle Parks and Recreation, Seattle Parks and Recreation's employees, Advisory Council, or any volunteer associated with the program, responsible for any injuries, damage or personal loss incurred while participating in said program(s).

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**For Office Use Only:**

# Facility Rentals — Hold Your Special Event Here!

## Large Meeting Room

\$45/hr

This large room is a great spot for banquets, weddings, receptions, graduations, birthdays, or any other occasion. The room is bright and spacious with lots of potential!

## Large Kitchen

\$35/hr

This beautiful kitchen has plenty of surfaces for preparations and commercial grade appliances. Chef it up!

## Small and Medium Meeting Rooms

\$25–\$35/hr

These rooms are perfect for meetings of 20 to 40 people. Small classes, company meetings, religious groups, and others have all enjoyed these spaces.

## Gymnasium

\$25/hr

Our full-size gymnasium is available for your sporting needs. Bring your basketball or soccer club to practice inside!

## Damage Deposit\*: No Alcohol

\$250

A damage deposit is taken for large events. The deposit is fully refundable as long as no damage has occurred and the space is left clean.

## Damage Deposit\*: With Alcohol

\$560

This deposit includes a \$60 non-refundable alcohol fee. The rest of the deposit is fully refundable as long as no damage has occurred and space is left clean. **Please note: alcohol use requires manager approval. New City policy requires renters to obtain insurance for all rentals where alcohol is served. Please contact SWCC for details.**

## Booking Fee

\$15

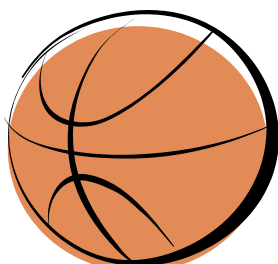
There is a one-time booking fee for all reservations.

## Staff Fees

\$17/hr

If your rental occurs outside normal operating hours or on Saturday, you will be charged a staffing fee. Rental staff are also paid for ½ hour before and ½ hour (1 hour total) after the event.

**\*Credit card deposits can be refunded at the end of your event; check and cash deposits take 3 to 4 weeks.**



WEDDINGS AND RECEPTIONS ✿ BANQUETS  
BOARD MEETINGS ✿ CHURCH GROUPS  
JAZZERCISE/FITNESS PROGRAMS ✿ BOOK CLUBS  
BIRTHDAY/ANNIVERSARY PARTIES ✿ SEMINARS  
TRAININGS/CLASSES ✿ SPORTS PRACTICES  
TOURNAMENTS ✿ AUCTIONS ✿ FUNDRAISERS